



thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY



VOL. 118 NO. 77

kstatecollegian.com



Tomorrow:
High: 50 °F
Low: 18 °F



Saturday:
High: 43 °F
Low: 33 °F

03

Medicine gone DIY
Karen Ingram shares home remedies for this sickly time of year

06

Running for their lives
Check Sports for a preview of K-State's track and field season

09

A fan's response
The chant heard at Tuesday's basketball game incited reaction

ROCK ON

New developments include rock-climbing wall, multi-activity gym

Mike Stanton
assistant news editor

After months of construction and installation, the Chester E. Peters Recreation Complex opened its south addition to the public on Tuesday. Some of the new attractions include a juice bar that serves high-energy snacks and drinks, expanded cardio and weight floors with state-of-the-art equipment and a rock climbing wall.

"The rock wall is 32 feet high, and you do have to take a class to get certified in belaying," said Doyle Pletcher, building supervisor at the Rec and junior in agribusiness. "There's gonna be certain hours that you can come up and climb, and we'll have supervisors kind of watching over you, making sure you're doing everything correctly."

Pletcher anticipates the rock wall to be the most popular new feature at the Rec, despite the mandatory class that must be taken before climbing. According to Pletcher, the class takes about an hour and a half and certifies climbers for a full year. In addition to the main 32-foot wall, there is a smaller bouldering rock. The bouldering rock currently opens at 8 a.m., and open climbing on the full wall starts at 4 p.m.

Another highlight of the addition is a number of group fitness studios specif-

ically designed for aerobics and dance classes like yoga and Zumba. The studios boast new parquet flooring, fans and sound systems.

On the north side of the complex is a new multi-activity gym, which includes three volleyball and basketball courts that can be converted to accommodate a full soccer field or roller hockey rink. The gym is surrounded by plexiglass hockey boards giving it the feel of an ice rink.

The expanded workout area, which Pletcher says is roughly twice the size of the previous one, was outfitted with new free weights, weight machines and cardio equipment. The cardio equipment is now on the second floor of the complex, overlooking the weight room below.

Zach Bruggen, a graduate student in veterinary medicine who frequently went to the Rec before the renovation, says the equipment is a significant upgrade.

"Since I came pretty regularly before, I don't think the new stuff will make me come any more," Bruggen said. "But I do think it will attract more people that didn't come as regularly."

Bruggen, who said he was among

REC | pg. 5

Hannah Hunsinger | Collegian

Sam Wilson (left), junior in architecture, and **Wade Byers**, freshman in architecture, enjoy open climbing hours before they become busy with school work. The rock wall is part of the new addition to the Rec Center that opened Tuesday.



Former professor appeals conviction

Darrington Clark
managing editor

A former K-State professor is currently undergoing a civil case trial concerning his possible mistrial for murder. Thomas E. Murray, former English professor, has filed a lawsuit claiming inadequate defense in his trial for the murder of his ex-wife.

Murray was sentenced to 25 years to life for the murder of Carmin Ross in 2005. According to an AP press release, no physical evidence was found proving Murray's guilt, but Murray had conducted internet searches on how to kill someone without getting caught, which were used to convict him.

Murray was also terminated from employment at K-State in March of 2005.

Murray's attorneys argued that a testimony used against him in the 2005 case was not the same as the one filed in the initial crime report in 2011. Murray's legal team began arguing an inadequate defense claim Tuesday at Douglas County Court in Lawrence.

According to the office of Adam Hall, the attorney representing Murray in the trial, the case is ongoing and may be complete within the next few days.

News briefs

Mike Stanton
assistant news editor

Women to be allowed on front lines

According to CNN, the U.S. Military is ending its policy of excluding women from combat jobs. Defense Secretary Leon Panetta is expected to announce the policy change to the public today.

Officials say that combat positions will not be opened all at once, but that the Department of Defense will enter an "assessment phase" in which each specific job will be evaluated and a timetable for its integration set.

House votes to suspend debt limit

The U.S. House of Representatives voted Wednesday to suspend the nation's debt ceiling, allowing the government to borrow as much as needed to meet spending obligations through May 18, according to the Washington Post. The measure, which is widely supported by the Republican Party, is expected to be voted on by the Senate as early as next week.

Democratic leaders in the Senate said before the vote that they would accept the House measure as it is, and the White House said that President Obama would not veto the bill.

According to the Post, the passage of the bill appears to have eliminated the possibility of a scenario next month in which the United States would be unable to pay its bills: a situation that could wreak havoc on the international economy.

Bahraini princess facing torture charges

Noura Bint Ebrahim al-Khalifa, a Bahraini princess who serves in the country's Drugs Control Unit, stands accused of torturing three inmates along with another officer, according to the BBC.

The detainees were imprisoned along with hundreds of other protesters in a popular uprising that began last February and was quickly crushed by the ruling al-Khalifa family.

K-State fans injured in post-Fiesta Bowl crash recovering



courtesy photo

Cody Clark, (far right) **Michael Tysver** (left of Cody), former K-State linebacker **Jeff Kelly** and two friends pose in Glendale before the Fiesta Bowl. Clark and Tysver were severely injured when a drunk driver struck their pedicab.

Mike Stanton
assistant news editor

When K-State fans Cody Clark and Michael Tysver, of Great Bend, Kan., left University of Phoenix stadium in Glendale, Ariz. after the Wildcats' Fiesta Bowl loss, the night was supposed to be on the way up.

"It was my 21st birthday, so we went back to the hotel, got ready, and went out around midnight, and just started bar hopping and whatnot, having a good time," Tysver said.

At around 3 a.m., the group decided to head back to their hotels, and Tysver, Clark, and a friend made a decision that, at the time, seemed the safe and responsible thing to do; they hired a pedicab, a type of bicycle-pulled cab common in the Phoenix area, to take them home.

"We dropped our friend off at his hotel, and after that, I don't really remember the ride," he said. "I woke up in the hospital."

Tysver's pedicab was struck from behind by an alleged drunk driver

traveling at over 40 mph as the cab attempted to merge into the left-turn lane. Tysver, Clark, and the pedicab driver were admitted to hospitals in Phoenix. The cab driver's injuries were considered minor, but Tysver and

room earlier, found out about the accident when her mother called her at six in the morning. She says that her brother has been making slow, but steady progress recovering from the severe head trauma caused by the col-

"A lot of it depends on his state when he wakes up. We're not sure how his speech, his mobility, or his memory will be. In about a month or so we'll be able to tell which way he's going. We're preparing for the worst, but hoping for the best."

Ashley Clanton
sister of Cody Clark

Clark both sustained life-threatening injuries.

"Doctors didn't expect him to make it out of surgery," said Ashley Clanton of her brother Cody Clark, who has been in a coma for two and a half weeks since the accident.

Clanton, who said she was with Tysver and Clark before the accident but had taken a cab back to her hotel

lision.

"Small steps excite us," Clanton said. "He still has a long way to go. He's still in a coma. He's been opening his eyes, but there's pretty bad brain damage."

Clanton says her brother has managed to stay ahead of the timetables doctors placed on significant steps in his recovery so far. For example, Clark began to open his eyes a week and a

half after the accident, a milestone doctors expected to take a month.

As for Tysver, who required immediate spinal fusion surgery after the impact separated his skull from his spine, the recovery process has been "pretty quick."

"I can walk now, but I still wear a boot, and I have to use a wheelchair for long distances," Tysver said.

He was transferred to a hospital in Wichita last week for inpatient therapy and expects to be released to go home to Great Bend within the next few days.

"Really, little things are going to take awhile, but it's going great. I got pretty lucky there was no paralysis or anything."

Tysver, who also suffered a broken leg in the accident, says doctors told him that 94 percent of people who suffer injuries like his die, and another 4 percent are paralyzed.

"It's really miraculous," he said. "I will only have about 50 percent of the movement in my neck, and there are things I'll never be able to do again, but other than that I'll be able to live a normal life."

Clanton, who said she packed for three days when she left for the Fiesta Bowl, has been in Phoenix by her brother's side since the accident.

"It's completely uprooted our family," she said. "My parents have jobs and stuff back home, so they're planning on being in Kansas for probably a week every month."

Clanton, a K-State student and employee with Aggieville Bars, says she's enrolled in online classes and has found a sublesser for her Manhattan apartment, which will allow her to stay in Arizona as long as necessary. Doctors currently expect Clark to be hospitalized for three months and spend nine months rehabilitating before he can be transferred to a hospital closer to home.

"It's been hard, with hotels and rental cars and everything, but it's where we want to be," Clanton said. "It's definitely worth it."

Tysver and Clark were students at Barton Community College in Great Bend, with the intention to transfer to K-State next fall. Tysver's plans haven't changed.

"After some time off, that's the goal again," he said. "I want to get back on that track."

According to Officer David Pubins of the Scottsdale Police Department,

CRASH | pg. 9

BRIEFS | pg. 10

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ACROSS

1 Move rapidly

5 Pirates' quaff

8 EPA concern

12 World's fair

13 Detergent brand

14 Hardy cabbage

15 Tolerate

16 Whatever number

17 "— have to do"

18 Release

20 Heart lines

22 Sauce source

23 Prickly seedcase

24 Scenery chews

27 After-noon shows

32 Biz deg.

33 Journalist

34 "Erie Canal" mule

35 Math tables, e.g.

38 Ratio phrase

39 Auto

40 Hr. portion

42 Religious retreat

45 Declare

49 See 38-Down

50 A billion years

52 Lotion additive

53 Faraway fleet?

54 Blackbird

55 Palm variety

56 Libretto

57 Meadow

58 — off (angry)

DOWN

1 Hump-backed animal of India

2 Kin of 1-Down

3 Colorful fish

4 Swamp

5 Easily prepared product

6 Grecian vessel

7 Poet

8 Slalom slope

9 Futon, for one

10 — podrida

11 Solidifies

19 "When pigs fly!"

21 Japanese sash

24 "Let me think ..."

25 "The — Daba Honey-moon"

26 Compact car maker?

28 Citric beverage

29 Devil's home?

30 Chow down

31 — -mo replay

36 Toughest to find

37 Gershwin or Glass

38 Young one

41 Kipling poem

42 Touch

43 Protected

44 Repeat

46 Nastase of tennis lore

47 Lasso

48 Anthro-pologist

51 Individual

Solution time: 25 mins.

EPIC TSP WISP
MONO EEL ANTI
INCUBATE SCOT
TEASE ASTRAY
ITEM TEE
AKIN DELI AWE
DEN EIDER SEA
SAC STAG DEER
OVA LONE
FAMOUS IMAGO
ARID INCLINED
DINK ZAP SOLE
SAGA EMU ENDS

Yesterday's answer 1-24

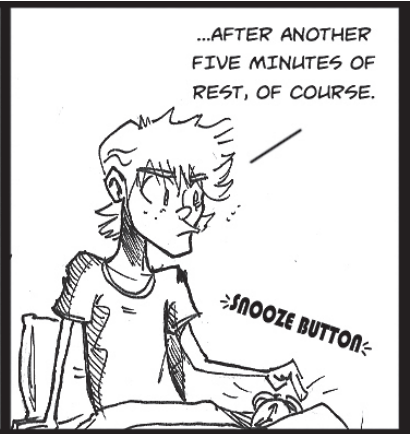
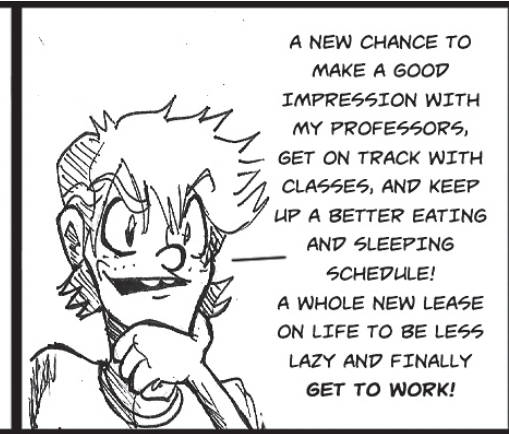
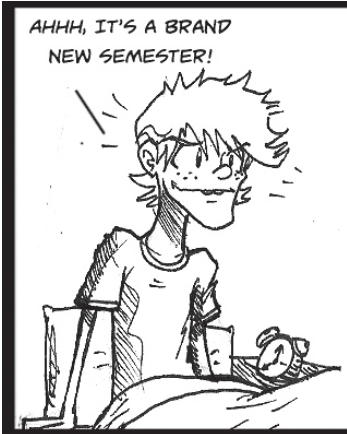
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56					57				58			

For the Win | By Parker Wilhelm

AHHH, IT'S A BRAND NEW SEMESTER!

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LETTERS TO THE EDITOR

The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published. Letters can be sent to letters@kstatecollegian.com

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Darrington Clark at 785-532-6556 or email news@kstatecollegian.com.

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All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit nws.noaa.gov.

1-24

CRYPTOQUIP

FG H LMWK HGSFBHQ AHAAHT
L H J BUJAKRFB JMSWKSV
UQ FRJ QUIK, F JMDDUJK
FR'J H SKHT SLFQU-DTHJRV.
Yesterday's Cryptoquip: WHEN THE BAND
ANNOUNCED IT WOULD NO LONGER BE GIVING
LIVE TOURS, WAS THAT DIS-CONCERTING NEWS?
Today's Cryptoquip Clue: F equals I

THE BLOTTER

ARREST REPORTS

Tuesday, Jan. 22

Richard Allen Eberhart, of Dodge City, Kan., was booked for driving with a canceled, suspended or revoked license. Bond was set at \$1,500.

Delbert Dean Vinsonhaler, of the 4500 block of Freeman Road, was booked for giving a worthless check. Bond was set at \$479.46.

Charles Howard Loub, of the 100 block of Dartmouth Drive, was booked for probation violation. Bond was set at \$2,000.

Dixie Ann Curtis, of the 800 block of Elliott Street, was booked for driving under the influence. Bond was set at \$750.

Kenneth Johnson Starnes, of Topeka, was booked for failure to appear. Bond was set at \$750.

Michael Shane Burris, of Wamego, was booked for probation violation. Bond was set at \$750.

Laura Beth McDaniels, of the 3000 block of Tuttle Creek Boulevard, was booked for domestic battery. Bond was set at \$500.

Caleb Austin Schmidt, of Goddard, Kan., was booked for assault of a law enforcement officer, criminal trespassing and misdemeanor obstruction of the legal process. Bond was set at \$2,000.

Anthony Matteo Piccolo, of the 800 block of Yuma Street, was booked for failure to appear. Bond was set at \$2,500.

Wednesday, Jan. 23

Victoria Anne Johnson, of the 400 block of Fremont Street, was booked for failure to appear. Bond was set at \$1,500.

Compiled by Katie Goerl

KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

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6:00 p.m.
Throckmorton Hall Room 1023.

General Information Session
Tuesday, January 29
3:00 - 5:00 p.m.
Student Union Room 226

Information Table
Tuesday, January 29
10:00 a.m. - 2:00 p.m.
Student Union

Agricultural Fair
Wednesday, January 30
10:00 a.m. - 3:00 p.m.
Student Union Ballroom

Information Table
Thursday, January 31, 2013
10:00 a.m. - 2:00 p.m.
Agriculture Department - Waters Hall

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health

Home remedies, flu shots available to keep students healthy



Get the Kleenex ready, folks. Flu season arrived earlier than usual this winter and has been particularly nasty, causing an unusually high number of hospitalizations and deaths.

Boston, Mass. declared a public health emergency as their death toll rose to 18, according to a Jan. 10 Associated Press article. In Minnesota, the death toll has topped 60 and more than 470 people have been hospitalized, according to a Jan. 20 article by the Pierce County Herald. The Kansas Department of Health and Environment reports that Kansas is among the hardest hit states in the country.

Although many people choose to get immunized—in fact, the Centers for Disease Control and Prevention reported that about one third of the nation had gotten their flu shots by December—many do not. For example, I usually do not get a flu shot because I have a mild egg allergy. There are egg-free shots available, but sometimes they are hard to find, so I usually don't bother. However, the flu was so bad this year that I decided a couple weeks ago to go to the Riley County Health Department and get one. To my surprise, egg allergies are no longer an issue for me.

The nurse at the Health Department informed me that the CDC changed their policy just this year. Egg allergies are not an issue unless you have a really severe reaction, such as hives or difficulty breathing. If you do not

have a severe allergy, the regular shot is perfectly safe. Indeed, I had no reaction to the shot at all. For those who have a severe reaction to eggs, the egg-free version is still available and recommended.

Flu shots are available at the Health Department for \$27. You can also go to Lafene Health Center and get them for \$15 with your student ID. If, for some reason, you cannot make it to either of those places, or they run out of shots, pretty much any pharmacy in town can supply you with the shot.

In spite of the availability of the flu shot, however, many people do not get vaccinated and fall ill. Winter is also notorious for being cold season, and a nasty cold can make you every bit as miserable as the flu.

If you do fall ill while slogging through this winter's cold and flu season, and too much cold medicine is making you groggy, there are a number of home remedies that can make you more comfortable and functional.

- 1. Honey**

There have been many studies on the health benefits of honey, including its use to battle a cold or flu. Women's Health Magazine cited a study conducted by Penn State College of Medicine which found that honey was more effective at soothing coughs than many over-the-counter cough suppressants. Just a spoonful in a mug of hot tea will soothe a sore throat. If you need something a little more potent, try...
- 2. Hot toddy**

The perfect hot toddy is easy to make: hot tea, one spoonful of honey, a shot of whiskey and a squeeze of lemon. You don't drink these to get drunk; you just need one. I find that it works wonders whenever I have a cold that is

- keeping me up at night.
- 3. Hot shower**

A number of sources recommend taking a hot shower to breathe easier, including WebMD, Women's Health Magazine and the NY Daily News.
- 4. Chicken soup**

Everyone has heard that chicken soup is the best thing to eat when you have a cold or the flu, but is that really true? As it turns

out, yes. Dr. Stephen Rennard of the University of Nebraska Medical Center put "nature's penicillin" to the test in a lab and found that it contains anti-inflammatory properties and other substances that can help you feel better when you're sick. Thanks, mom!

Karen Sarita Ingram is a senior in English. Please send comments to edge@kstatecollegian.com.



'Clean eating' making comeback

Jena Sauber
edge editor

With new year's resolutions to lose weight and get in shape less than a month old, advertisements have flooded onto TV, magazines and radio. Various programs promise rapid, extreme results for weight loss by following certain dietary rules.

A growing trend for 2013 is "clean eating," or the elimination of all processed food and the consumption of only fresh fruits, vegetables, lean proteins and whole grains.

"Whenever foods are processed there is the potential for the loss of nutrients," said Linda Yarrow, assistant professor of human nutrition. "Often times, fiber, which is helpful in digestion, is lost. Many vitamins are also lost during processing."

Clean eating has been backed by celebrities such as supermodel Heidi Klum, and there

is a magazine dedicated to the practice (www.cleaneating-mag.com). According to the website, "In every way, clean eating is all about consuming whole food in its most natural state, or as close as possible. Take a creative yet doable approach to cooking, you'll find it easy to enhance the natural

flavors of any meal without compromising the integrity of your food. When it comes right down to it, 'Clean Eating' is not a diet; it's a way of improving your life—one meal at a time."

While the name "clean eating" may be relatively new, the concept isn't, Yarrow said. "It has always been out there. We are just calling it by a different name," Yarrow said. "The high fruit and vegetable, whole grain and lean-meat diet has always been recommended for healthy weight loss or maintaining weight. The name might be a fad, but the idea itself is not."

Although healthy eating may be a heavily preached concept, there are still many reasons people continue unhealthy diets.

"Processed foods are convenient," Yarrow said. "Even when people buy fruits and vegetables they often stick them in the fridge,

DIET | pg. 4

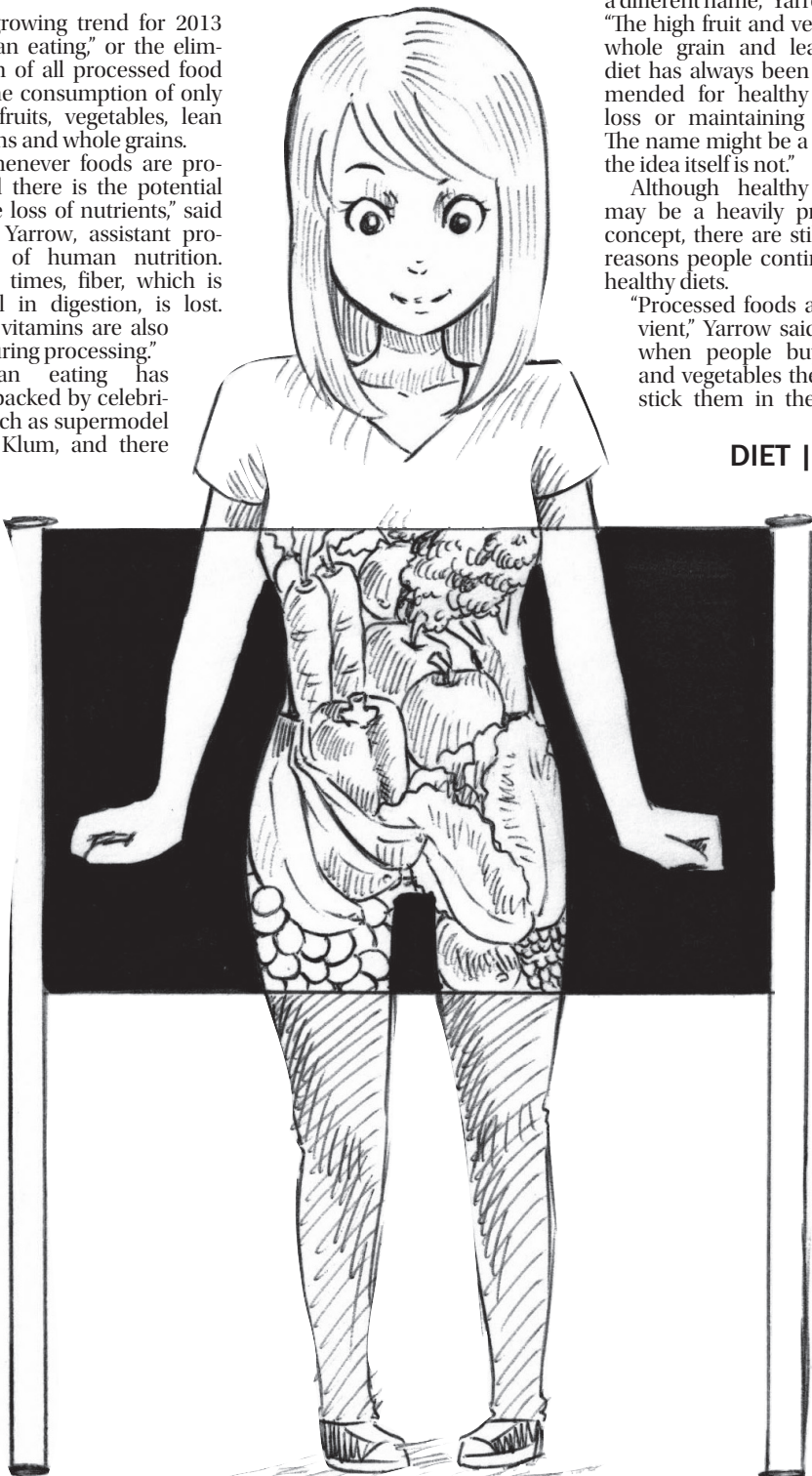


Illustration by Aaron Logan

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‘Clean’ pot pie recipe

Jena Sauber
edge editor

During my clean eating trial, I experimented with a clean chicken pot pie recipe from Clean Eating magazine’s website, *cleaneatingmag.com*. It took some time, but it tasted so much better than the boxed version I’d made before.

INDIVIDUAL CHICKEN POT PIE

Serves: 4
Hands-on time: 30 minutes
Total time: 40 minutes

INGREDIENTS:

Filling:
Olive oil cooking spray
1 lb. boneless, skinless chicken breast, diced
1 large yellow onion, diced
2 large carrots, peeled and diced
1 cup frozen peas
2 cups low-sodium chicken broth
4 tsp. fresh thyme, minced
2 tsp. whole-wheat flour
Fresh ground black pepper, to taste

Biscuits:
3/4 cup skim milk
2 1/4 tsp. apple cider vinegar
2 cup plus 2 tbsp. whole-wheat pastry flour, divided
1 tbsp. baking powder
1 tsp. baking soda
1/8 tsp. sea salt (optional)
1 tbsp. safflower or olive oil

INSTRUCTIONS

1. Preheat oven to 450 degrees
2. Prepare filling: Heat a large cast-iron or ovenproof nonstick pan over medium-high for 1 minute. Mist with cooking spray. Sauté chicken 3 minutes—until no longer pink.
3. Add onion and carrots. Sauté until onion is slightly browned, about 5 minutes. Add peas and sauté for another minute or until thawed.




courtesy photo

4. Stir in broth and thyme and cook until broth is warmed, about 2 minutes. Sift in 2 tbsp. whole-wheat flour and reduce heat to medium. Stir constantly until broth is thickened, about 2 minutes. Season with pepper and turn off heat, but do not remove pan from element.
5. Begin preparing biscuits: Pour milk in a cup, then add vinegar to milk. Let stand for 2 minutes.
6. In a large mixing bowl, blend 2 cups whole-wheat pastry flour, baking powder, baking soda and salt, if desired. Stir in milk-vinegar mixture, 1/4 cup at

a time, add oil, and then add remaining 2 tbsp. whole-wheat pastry flour. (The dough will be slightly sticky. If it is too sticky, add another tbsp. of flour.)

7. Using your hands, form 12 small biscuits, about 1 1/2 to 2 inches in diameter. (If the biscuits are exceptionally sticky, dust your hands with a little bit of flour to make it easier to form them.) Ladle chicken-vegetable mixture into 4 large ramekins, individual casserole dishes or soup tureens, about 3/4 cup per serving. Place 3 biscuits on top of each ramekin and place all ramekins into a cookie sheet or baking pan lined with aluminum foil. (The biscuits will bake on top of chicken-vegetable mixture.) Place pan on rack in middle of oven. Bake for 10 minutes or until chicken-vegetable mixture is bubbling and biscuits are slightly browned on top. To serve, place ramekins on individual plates, as they will be too hot to handle.

Nutrients per individual pot pie (3/4 cup chicken-vegetable mixture and 3 small biscuits): Calories: 565, Total Fat: 10 g, Sat. Fat: 2 g, Carbs: 70 g, Fiber: 13 g, Sugars: 8 g, Protein: 49 g, Sodium: 518 mg, Cholesterol: 97 mg.



Jena Sauber

I decided to give “clean eating” a try when the spring semester began. In the weeks before, I’d gotten into the habit of eating whatever I had at my apartment— even when it wasn’t healthy. I decided to cut out most processed foods and focus on eating more fresh fruits, vegetables and lean meat. It was hard. I’m a busy person, and most convenient foods are highly processed and include many ingredients I can’t even begin to pronounce. Eating cleanly took extra

planning. I had to pack fresh snacks when I went to campus, because I couldn’t rely on grabbing something from a vending machine in between classes. My usual breakfast of Fruity Pebbles cereal was replaced with regular oatmeal. I ate more fruits and vegetables because I made a conscious effort to do so. I also drank a lot more water than I normally do.

I did cheat a little on a true “clean” diet and ate some regular peanut butter and chicken that I’m sure had chemicals in it, but I still cut out a lot of what I normally ate. I broiled my chicken instead of frying it, and I used whole wheat pasta. I could still eat pretty much what I normally did, but with healthy changes.

After following a mostly clean diet for only two days, I could already feel a

difference. I was less tired in the afternoons. I was also generally happier. I felt motivated to do things like walk to campus instead of driving and drink more water between meals.

I know that a lot of my meals previously relied on convenience because I didn’t have the time, money or resources to eat extremely “clean.” Since my experiment, however, I have made small changes to healthier eating. I still bring fresh snacks to campus, drink more water and think twice before frying things. It takes a conscious effort, but the added energy and sense of accomplishment I feel from eating better is a great benefit.

Jena Sauber is a junior in journalism and digital media. Please send comments to edge@kstatecollegian.

DIET | ‘Clean’ options at local venue

Continued from page 3

and when they are there for a long time they lose nutrients and become less desirable. People pitch them. It’s more convenient to buy frozen or canned food that lasts longer.”

In addition to cutting out processed foods there are ways to reduce sugar and oil while getting more fruits, dairy or vegetables. Many recipes for homemade baked goods offer healthier ingredient alternatives, such as replacing oil with unsweetened applesauce, carrot puree or nonfat plain yogurt. Different recipes may experience slight texture or taste changes with ingredient replacements.

People’s Grocery, 1620 Fort Riley Blvd., specializes in whole, unprocessed products. They also carry

many chemical-free foods.

“We have local food and produce, all from within a 20 to 40 mile radius of Manhattan,” said Scott Brelsford, general manager of People’s Grocery. “When we talk to anyone about carrying their products, we make sure they don’t use chemicals or pesticides, or hormones if it’s meat. If products have any of those things we label it as such.”

Following a clean diet can help people either lose or maintain weight, although it is most effective when combined with regular exercise.

“Food and exercise both have a very important role in losing weight. You can do it through virtually one alone,

but that isn’t nearly as effective,” Yarrow said. “Eventually during weight loss, you will hit a plateau. If you are only doing a restricted diet, or only exercising, you may hit that plateau sooner. Those who do both a restricted diet and exercise tend to see better results and more sustained weight loss.”

Completely changing diets can be a difficult switch, but there are methods to help ensure success.

“A lot of people who start a new diet try to change all at once, and it doesn’t stick,” Brelsford said. “Don’t make drastic changes all at once. Talk to people who are already doing it, and learn. Try to start small.”

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REC | North side of Rec building to get ‘facelift,’ become more ‘K-Statey’

Continued from page 1

the students to vote on the project as an undergraduate before construction began, said he was thrilled to finally experience the changes for himself.

The next phase of the renovation, on the north side of the building where the old weight and cardio facilities were, is currently underway.

“We’re just going to kind of give that side a facelift, paint all the rails purple, kind of make it more ‘K-Statey,’ instead of that maroon and green that was there before,” Pletcher said. “That shouldn’t take nearly as long. The construction crews won’t give us a timetable, but it shouldn’t be as extensive as what this part of the Rec was.”

The project, which will cost a total of \$23 million upon completion according to Jason Brungardt, assistant director of facilities and aquatics for K-State, is paid for by the fees collected from students for their use of the facilities.

“Our students are in the bottom half [of the Big 12] in terms of what they have to pay per semester to use the Rec Center,” Brungardt said. “This is something we take a lot of pride in.”

According to Brungardt, when the construction is all said and done, K-State’s Rec Complex will be the largest main complex in the Big 12.

Due to the new facilities and the typical rush of New Year’s resolution attendees, Pletcher says he expects the Rec to be busier than normal into February.

“Then, it’ll probably slack off a little until right before spring break,” Pletcher said. “And then we’ll start getting a little busier, because everyone will be wanting their beach bodies.”



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TOP: A portion of the new elevated track, overlooking a multi-purpose court, is currently open for use, with six laps to complete a mile; at the completion of the entire Rec Center renovations the track will total a full mile.

BOTTOM: Alex Ondracek, junior in biology and pre-med, dangles off of the new rock wall in the Rec Center Tuesday night. The Rec recently opened its new south end additions.

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CENTER: Ayrton Steward, freshman in art, ascends the recently-opened climbing wall, one of the new additions to the Rec Center, Wednesday evening.

Hannah Hunsinger | Collegian

TOP: Chase Bretches, senior in architectural engineering, bench presses 90 pounds in the new weights area on Wednesday.

BOTTOM: Victoria Ptacek, freshman in theatre, makes use of the new cardio deck on Wednesday; the cardio deck, weights area, a rock wall and a juice bar were all new additions to the Rec Center, which opened on Tuesday.

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NFL loses fans due to tragedy, greed



For as long as I can remember, I have loved football and the NFL. I have grown from an elementary-age schoolboy who simply cheered on his favorite team because his father did to a man who has a deep appreciation for the sport and what it provides to the country.

However, I've noticed that the sport has begun to slide downhill as a whole. More and more, retired professional football players are committing suicide due to the side effects of head injuries sustained during their careers. There was the Saints bounty scandal, the lockout last season and the list goes on.

Two bits of news came out yesterday that seemed to put things into perspective as to where the state of football is today. First, it was revealed that the NFL actively sought to prevent Roy Fox, a man from Indiana, from placing trademarks on the term "Harbowl," a reference to Jim and John Harbaugh facing each other in the Super Bowl this year. Secondly, the family of Junior Seau announced they were filing a wrongful death lawsuit against the NFL.

When the NFL learned that Fox was attempting to place the trademark, it pressured him into dropping his efforts to do so. At first, Fox simply asked the NFL to reimburse him for the cost of filing the trademark and provide him with season tickets to Indianapolis Colts games this season and a signed picture of the NFL commissioner in return for abandoning his efforts.

However, the NFL denied his requests and threatened Fox with legal action that included the threats of making Fox pay the league's legal costs. Only then did Fox drop the trademark.

Instead of the NFL, which generates billions of dollars in revenue, giving Fox the tickets and the picture, it bullied him until he gave up his fight just because they could. To me, it seems like the league abused a guy by threatening to bankrupt him, even though he was within his legal rights.

The second piece of news that came from the NFL yesterday was the filing of a wrongful death lawsuit by the family of Junior Seau, a former standout linebacker in the NFL who shot and killed himself last May. Earlier this month it was revealed, through posthumous studies on Seau's brain, that he suffered from chronic traumatic encephalopathy, commonly known as CTE, as a result of repeated head trauma he suffered while playing football. His family has suggested that CTE caused Seau to take his life.

While the news of Seau's passing was tragic, this lawsuit is another example of head trauma being ignored for too long by the NFL. Rule changes to the game are not the only answer, and there must be changes that allow technological advances to be made to helmets, as well as advancements to the way players are monitored on the field.

Recently, ESPN's "Outside the Lines" did a feature on a development in the technology of helmets that allows team trainers to monitor how hard a player is hit in real time. If a player is hit too hard in the head, a trainer can recommend to the coach that he remove that player for further evaluation. Currently, schools such as North Carolina and Virginia Tech utilize the technology for their teams, and have been since as early as 2004. As of yet, the NFL has refused to implement the system, primarily due to objections from the player's union.

The state of the NFL is not good. Within a seven-day span earlier this season, the Chiefs and the Cowboys suffered unspeakable tragedies. Former Chiefs linebacker Jovan Belcher shot his girlfriend nine times, then killed himself in front of his head coach and general manager while his blood-alcohol content was more than twice the legal limit.

Then, a week later, Josh Brent of the Cowboys was accused of driving drunk and has been charged with intoxicated manslaughter after his car crashed, leading to the death of his teammate Jerry Brown.

There is no one specific issue or person to blame, but right now the NFL is not sitting well with a lot of people. Tragedies are too frequent and morals are too low. Something has to change to get the game that America loves back to a positive standing.

Sean Frye is a junior in journalism and mass communications. Please send comments to sports@kstatecollegian.com.

Women's basketball team bands together after injuries

Mark Kern
sports editor

When asked what family means to him, New York Times Best-Selling author Jim Butcher replied, "When everything goes to hell, the people who stand by you without flinching—they are your family." The word family is something that we here at K-State have grown accustomed to.

With junior linebacker Tre Walker emphasizing the importance of family, the football team's mentality was to look out for each other throughout their incredible 11-2, Big 12 championship season. That slogan being carried on this season by the K-State women's basketball team, who endured a tough week prior to Wednesday night.

On Monday, during the first-hour of practice, both sophomore guard Ashia Woods (achilles) and junior forward Ashlynn Knoll (ACL) were lost for the season due to their injuries. This gave the Wildcats only seven healthy players going into their game against the No. 12 Oklahoma State Cowgirls. Despite the tough odds, the Wildcats were able to pull off the upset, defeating the Cowgirls 76-70 in overtime. After the game, senior guard Brittany Chambers talked discussed pulling out a win during such a tough week, as well the team's family environment.

"We here at K-State have the saying that 'we are family,'" Chambers said. "I know it gets said a lot around here, but it is unbelievable how much we truly care for each other as a team. Tonight, despite the odds, we all hung in there

for each other, and were able to get a great victory."

Head coach Deb Patterson echoed her senior captain's comments and stated how proud she was of her team for overcoming the tough week.

"This week started off with a lot of bad news," Patterson said. "To lose those two players—it was really tough for our girls to see people that they care about go out and get injured, but they responded great and were able to get that win. I am so proud of our girls, because they truly deserved this win."

Tuesday was not easy for the team, as they were trying to deal with the fact that two of their teammates were not going to be able to play with them for the rest of the season.

However, when the team was going in the gym Wednesday morning,

Chambers saw that the team's morale had changed and that they had the right mentality.

"We came into shoot-around today with a different purpose," Chambers said. "We all got our shots up that we needed to, and then we came into the game with that 'we are going to battle you no matter what' mentality. That is absolutely what we did, we hung in there together even when we didn't shoot the ball well for a stretch, and that is what our team is all about."

Junior guard/forward Chantay Caron took a hard fall in the second half against the Cowgirls, and at this point the extent of her injury is unknown. As Butcher said, a family is there for each other even when things go bad, and this team is the perfect example.

WOMEN'S BASKETBALL

Wildcats beat OSU with only 7 players



Adam Suderman
staff writer

Despite a number of injured players and injuries this week, the Wildcats women's basketball team fought hard to win against the No. 12 Cowgirls.

Courtesy of a new K-State single game record of 16.3-point makes, the Wildcats gained their biggest win of the season and knocked off Oklahoma State 76-70.

Despite a prolonged shooting drought midway through the game that led to 6-30 shooting for the second half, the Wildcats showed a high sense of perseverance to gain

the win.

"We played a great basketball team," head coach Deb Patterson said. "It just feels so good to see our players rise up with just such toughness and character. We've talked all year of competing for a 40 minute game, and little did we know it would take 45 minutes to get this one done."

The Wildcats entered the game with only seven players, but the effort on both ends of the floor showed the grit of Patterson's bunch in a huge way.

"This was such a character win for us," Patterson said. "Not just because of the players we had suffer injuries this week and the large number that

we have that are hurt with what we would call catastrophic injuries. It's just because of how these young people competed. They took the floor, and I don't think any of them stepped up outside of what they are capable of being or what they showed us they can be."

Most, if not all coaches would cringe at the sight of their opponents shooting 65 percent in the first half of a basketball game, but despite the Cowgirls' offensive consistency, K-State held a 43-42 margin at the break.

A monstrous first half from senior guard Brittany Chambers gave the Wildcats a big boost. Chambers tal-

lied 19 points, including 4-5 shooting from beyond the three-point arc in the first half. She also finished with 26 points on 8-19 shooting, including six three-point makes.

Fellow senior guard Mariah White contributed 11 points, but it was her five assists and seven steals that paid major dividends in the end.

"She hit three 3's on us," said Oklahoma State head coach Jim Littell. "It was a who-is-who on hit 3's. She hit big shots, but hurt us off of the dribble-drive as well. Where she was very special tonight was the seven steals and five assists. I thought she

BBALL | pg. 7



Emily DeShazer | Collegian

TOP: Left to right, junior forward Chantay Caron, senior guard Mariah White, freshman guard Brianna Craig, sophomore guard Haley Texada, and senior guard Brittany Chambers shoot 3-pointers on Wednesday at Bramlage Coliseum. The team set a new record with 16 3-pointers in a single game.

ABOVE: The K-State women's basketball team celebrates after the overtime win against Oklahoma State on Wednesday at Bramlage Coliseum. The Wildcats beat the Cowgirls 76-70.

TRACK AND FIELD

K-State off to fast start, competes at Iowa State this weekend

Adam Suderman
staff writer

Expectations were high for the Wildcats heading into the season, and after the first two meets of the new year the men and women's track teams have not disappointed. After several impressive performances, most recently in the Wildcat Invitational last weekend, the men have taken a jump of six places to No. 16 in the country in the USTFCCCA indoor rankings.

Sprinter Carlos Rodriguez has quickly positioned himself as one of the strongest sprinters not only in the Big 12 Conference but in the country. With a time of 21.14 seconds, the Puerto Rican junior wowed all in at-

tendance with a dominating performance in the 200 meters. The mark puts Rodriguez in seventh place in the NCAA and third in school history.

Head coach Cliff Rovelto spoke highly of the performance, saying it captured the attention of many in their 2013 home opening meet.

"We've had a lot of good sprinters here, and not very many of them ran that fast," Rovelto said, following the invitational. "To run that time on a flat 200 is something [former K-State cornerback and sprinter] Terence Newman never did. If you put that performance today on a banked 200-meter track, it's one of the fastest times in the nation, no question."

K-State high jumper and Olympic silver medalist Erik Kynard made his return to action, jumping for the

first time since the London Games in August. Kynard jumped to an impressive 7-6.00 and the leap gives him the highest NCAA jump this season.

Richelle Farley has begun her senior campaign on good terms with two key performances in the Jayhawk Challenge. The Wildcat specialist tied for second in the long jump with a leap of 18-8.00 and also won the 60-meter hurdles with a time of 8.51 seconds. Farley then bested that time with a finish of 8.46 seconds, positioning her fourth in the Big 12 rankings.

A talented incoming class has stepped in and made its presence known early in events across the board.

Junior transfer Zack Riley will work closely with Kynard to form one

of the best high jump tandems in the country. Riley opened up his Wildcat campaign with a victory in the Jayhawk Challenge on Jan. 11.

On the women's side, the freshman sprinters Jasmine Gibbs and Ashley Williams have quickly earned high placements in the 60-meter dash with times of 7.45 and 7.55 seconds.

The Wildcats will hit the road with many athletes this weekend for the highly competitive Bill Bergan Invitational at Iowa State University. In total, four men's teams in the meet are ranked in the USTFCCCA Top 35, most notably No. 8 ranked Minnesota. The women's side will be led by host Iowa State with a No. 9 ranking. The action gets underway Thursday and will continue through Saturday.

BBALL | ‘It’s unbelievable how close this team is,’ Brittany Chambers says

Continued from page 6

played a complete game.”

Entering the game as the No.

"It just feels so good to see our players rise up with just, such toughness and character. We've talked all year of competing for a 40 minute game, and little did we know it would take 45 minutes to get this one done."

Deb Patterson
K-State head coach

2 scoring offense in the conference, Oklahoma State held strong numbers in the first half, shooting 17-26 from the floor. Luckily, the Wildcats were hitting baskets from deep.

It was all Chambers to start the game, as the senior sharpshooter knocked in the Wildcats' first 11 points, giving K-State a much needed boost.

Chambers says a win like this shows what the team is made of despite any outside factors.

"We're a family," Chambers said. "I mean, we say that a lot at K-State, and it's unbelievable how close this team is."

Emily DeShazer | Collegian

RIGHT: Senior guard **Brittany Chambers** maneuvers through Oklahoma State defenders for a layup on Wednesday at Bramlage Coliseum. Chambers led the team with 26 points, including six 3-pointers.

FAR TOP RIGHT: Senior guard **Mariah White** dribbles the ball around **Toni Young** from Oklahoma State at Bramlage Coliseum on Wednesday. White scored 11 points in the overtime win.

Tommy Theis | Collegian

FAR CENTER RIGHT: Head coach **Deb Patterson** shows her enthusiasm as her Wildcats get a 10 point lead on OSU.

FAR BOTTOM RIGHT: Senior guard **Brittany Chambers**, walks though the crowd to give out high fives to the fans after beating OSU 76-70 in overtime on Wednesday evening in Bramlage.



Students hone skills, relax at pool tables in Union basement

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Evert Nelson | Collegian

ABOVE: Before starting a new game, **Andrew Mahoney**, freshman in kinesiology, racks up the pool balls at a table in the Union basement Wednesday night.

RIGHT: Students and residents alike play pool in the basement of the Union Wednesday night.



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Billiards boss: too cool for pool



Evert Nelson | Collegian
Taylor Dean, freshman in mechanical engineering, lines up his shot while playing pool in the K-State Student Union Wednesday night.

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LETTER TO THE EDITOR

Crowd’s chant at KU game ‘classless’

Students:

As a proud K-State alum, I am joyed to see the large and rowdy turnouts at our sporting events and the way the current students support our student athletes.

However, with less than a minute left in the KU game Tuesday, a chant could be heard over the TV that was classless and despicable.

After an extremely hard-fought game between two great teams you should show more integrity than this, especially if you want to be taken seriously on a national scale.

John Grabbe
K-State alum

CRASH | Other driver to face criminal trial, DUI

Continued from page 1

Joseph Paul Spano, a Phoenix resident, was arrested and charged with two counts of aggravated assault and three counts of endangerment in the accident. Spano, 27, was behind the wheel of the 2012 Ford sedan that hit the pedicab from behind. An incident report on the Scottsdale PD’s website says that Spano showed signs of impairment that led to a DUI charge.

“His sentence could be anywhere from probation, which I doubt, up to numerous years in jail,” Pubins said in an email this week, adding that Spano will be sentenced after a criminal trial or a plea bargain. Spano is currently out on bail, but is required to appear in court.

The Manhattan community has been a source of support for Clark and Tysver’s families. A witness to the crash named Kinsey Schofield set up a campaign on *indiegogo.com* that has raised

over \$7,000 for the families since the accident. Aggieville Bars, Clanton’s employer, set up a fundraiser in which the proceeds and tips from a number of ‘Ville establishments were donated towards living expenses. The K-State football office also reached out to the families, expressing interest in doing something for Clark and Tysver in the future.

“It’s been really, really awesome,” Clanton said. “Incredible. I’m still surprised, to this day, how many people we don’t even know have been helpful and supportive. It’s amazing.”

For Clark’s family, the waiting game has just begun.

“A lot of it depends on his state when he wakes up,” Clanton said. “We’re not sure how his speech, his mobility or his memory will be. In about a month or so we’ll be able to tell which way he’s going. We’re preparing for the worst, but hoping for the best.”

THE FOURUM
785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian staff.

Two days in and I already want the semester to be over.

I am so glad the fourum is back.

I texted my brother (k-state alumni) that they put the fourum back in the Collegian. His response? It’s about damn time!

Walked to my fridge after the KU game for some delicious yogurt. My subconscious grabbed a beer. I’ll go with it...

Will you go to prom with me?

Bruce has proved me wrong so far. Go Cats!

Do all you Cali boys need a sherpa lined carhart after skin diving?

Late to three out of four classes today. Might as well not start off the semester pretending to be somebody I’m not.

Saw a guy wearing a Nebraska sweatshirt in the crosswalk... had the urge to run him over.... realized it was my roommate... no change in feelings.

Editor’s note: To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstate-collegian.com. Your email address or phone number is logged but not published.

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200 N. 11TH on CITY PARK. Large, sunny three-bedroom. August lease. \$870. No pets, no smoking! Open House, Jan. 26 and 27th, 1-2:30p.m. 530-342-1121. ♦

110 Rent-Apt. Unfurnished

AUGUST PRE-LEASING. Several units close to KSU. Washer, dryer, and dishwasher included. www.wilksapts.com. Call 785-776-2102 or text 785-317-4701.

110 Rent-Apt. Unfurnished

TWO OR three-bedroom apartments. Walk to campus. Excellent condition/ location. www.rentkstate.com 785-447-0183.

120 Rent-Houses & Duplexes

FIVE-BEDROOM house, 1100 Kearney, large, two bath, central air, parking. 785-317-7713. manhattanrental-properties.net. Two blocks to campus and Aggieville. June 1. ♦

BUY-HIRE-SELL-RENT

KANSAS STATE COLLEGIAN
103 Kedzie
785.532.6555

NEW HOME FINDER

Let us help you choose your neighborhood. The symbols on the map coordinate with an area of town.

Map data ©2012 Google

KEY
Stadium
West Campus
Anderson/Seth Child
Aggieville/Downtown
East Campus
Close to town

120 Rent-Houses & Duplexes

AVAILABLE NOW! Three-bedroom, one bath. Washer/ dryer hook-up. Trash/ lawn care provided. Near campus. No pets/ smoking, off-street parking. 785-532-8256.

145 Roommate Wanted

CLEANING 101. FULL-time and part-time cleaning positions available. Must have morning availability. Please call 785-325-4238 or email Ashley@cleaning101ks.com with resume and questions.

310 Help Wanted

ADVERTISING PROFESSIONAL sought to lead Collegian ad staff to new heights. Full time, base salary plus commission, benefits. See collegianmedia.com for full details.

310 Help Wanted

2013 SUMMER INTERNSHIP opportunities in county, district, and departmental offices of K-State Research and Extension. Interns will assist extension agents or departmental offices with the development and implementation of research-based educational programs. Interns must have reached junior status by the 2013 fall semester. Agriculture, Human Ecology, Education and related majors are particularly encouraged to apply. Details at www.ksre.ksu.edu/jobs.

310 Help Wanted

K-STATE STUDENTS wanted! GMR Marketing is hiring Campus Agents. E-mail resumes to ADieringer@Quickstrikefieldmarketing.com. Or apply online at www.Quickstrikefieldmarketing.com.

PART-TIME SALES. Faith Furniture in Manhattan is seeking a dependable & energetic associate for sales and other duties. Weekends required and weekdays as available. Every fourth weekend off. A great part-time job! Apply in person at 302 East Hwy 24 or e-mail resume to furn302@hotmail.com.

PRESCHOOL/ NURSERY positions available on Sunday and Wednesday mornings at Faith Evangelical Free Church. We have a flexible working environment and great children to work with. Pay is \$8.00 an hour. Contact Chris for more information, chris@faithmanhattan.org.

SO LONG Saloon and Taco Lucha are now hiring for kitchen, door, and wait. Apply in person.

NEED WEB designer to make our business site (sagerdental.com) mobile. Contact ebroadstowe@gmail.com.

PART-TIME receptionist needed for busy chiropractic office. Candidate must have good communication and excellent people skills. Must also be well-organized, detail-oriented, responsible, professional manner and appearance. Hours are M,Tues,Thur,Fri 1pm to 6:30pm, Wed 1pm-8pm and every other Sat 8am to Noon. No phone calls please. Apply at Sorrell-Iversen Chiropractic, 630 Poyntz Ave., Manhattan, KS.

000 Bulletin Board

010 Announcements

LEARN TO FLY! K-State Flying Club has three airplanes and lowest rates. Call 785-562-6909 or visit www.ksu.edu/ksfc.

100 Housing/Real Estate

105 Rent-Apt. Furnished

MANHATTAN CITY Ordinance 4814 assures every person equal opportunity in housing without distinction on account of race, sex, familial status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

NEW LEASING

Close to Campus!

1030 Kearney
1131 Bertrand
1001 Laramie
2000 College Heights
1114 Fremont
519 Osage
916 Kearney

HRC APARTMENTS TOWNHOMES

537-9064
www.renthrc.com

Need a Subleaser Advertise 785-532-6555

110 Rent-Apt. Unfurnished

MANHATTAN CITY Ordinance 4814 assures every person equal opportunity in housing without distinction on account of race, sex, familial status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

NEWER THREE and four bedroom apartments and duplexes close to KSU! June and August leases. No pets. Washer and dryer provided. Marlene Irvine 785-341-8576

ONE-BEDROOM. \$500. SHORT-TERM lease available. No smoking. No pets. 785-532-8662.

ONE-BEDROOM at Willie's Villas! Secure your apartment for June or August 2013. Quality construction close to campus and Aggieville. No Pets. Call 785-313-7473 or ksurentals@sbcglobal.net.

SPACIOUS THREE and four-bedroom apartments. Newer construction, stainless steel appliances. Near shopping. June leases. 785-632-4892.

110 Rent-Apt. Unfurnished

THREE-BEDROOM APARTMENT with washer, dryer, and all appliances. Off-street parking, close to campus \$990/ month. June or August leases. No pets. Call or text 785-632-0468, email brian-j@pab-inc.com.

THREE-BEDROOM, ONE and a half bath. Washer and dryer. 785-341-4024 or 785-313-4524.

115 Rooms Available

ROOM FOR rent in nice townhome. Must be clean. No pets or smoking. \$390/ month plus utilities. Available now or for next year! 785-224-1066.

117 Rent-Condos & Townhouses

FOUR STYLES of spacious, energy efficient, well-maintained four-bedroom, two bath condos ranging from \$1,200 to \$1,550 per month. Includes off-street private parking, lawn care, snow removal, security lighting, trash service and all appliances. August 1, year lease. No Pets. CALL 785-313-0751 for details and locations.

Find a Job

200 Service Directory

255 Other Services

LAUNDRY BY MOM. You drop off and pick up. I will wash, dry, and fold. \$5.00 a load. A local laundromat will charge you \$15.00 a load. Call 785-776-5076 and leave a message.

145 Roommate Wanted

FEMALE HOUSEMATE wanted for furnished three-bedroom house. With male and female. Available now. \$300 month. Utilities paid. Call 785-537-4947.

ONE ROOMMATE needed for prime three-bedroom "suite" apartment. One block from Aggieville, 917 Moro. For sublease contract that runs through July 2013. Full kitchen plus washer/ dryer. Rent \$520, utilities included. Call or text 913-991-0124 or email djhurd@ksu.edu for more info. ♦

300 Employment/Careers

310 Help Wanted

THE COLLEGIAN cannot verify the financial potential of advertisements in the Employment/ Opportunities classifications. Readers are advised to approach any such business opportunity with reasonable caution. The Collegian urges our readers to contact the Better Business Bureau, 501 SE Jefferson, Topeka, KS 66607-1190. 785-232-0454.

300 Employment/Careers

310 Help Wanted

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330 Business Opportunities

THE COLLEGIAN cannot verify the financial potential of advertisements in the Employment/ Opportunities classifications. Readers are advised to approach any such business opportunity with reasonable caution. The Collegian urges our readers to contact the Better Business Bureau, 501 SE Jefferson, Topeka, KS 66607-1190. 785-232-0454.

Lost it? Post it. Find it.

Pregnancy Testing Center

539-3338

www.PTCkansas.com

Conceptis Sudoku By Dave Green

Difficulty Level ★★★

8/04

8/05

Answer to the last Sudoku.

“Real Options, Real Help, Real Hope”
Free pregnancy testing
Totally confidential service
Same day results
Call for appointment
Mon.-Fri. 9 a.m.-5 p.m.
Across from campus in Anderson Village

000 Bulletin Board

010-Announcements
020-Lost and Found
030-Post A Note
040-Meetings/Events
050-Parties-n-More
060-Greek Affairs

100 Housing/Real Estate

101-Rentals Wanted
105-Rent-Apt. Furnished
110-Rent-Apt. Unfurnished
115-Rooms Available
117-Rent-Duplexes
120-Rent-Houses
125-Sale-Houses
130-Rent-Mobile Homes
135-Sale-Mobile Homes
140-Rent-Garages
145-Roommate Wanted
150-Sublease
155-Stable/Pasture
160-Office Space
165-Storage Space

200 Service Directory

205-Tutor
220-Weight Loss & Nutrition
225-Pregnancy Testing
230-Lawn Care
235-Child Care
240-Musicians/DJs
245-Pet/Livestock Services
250-Automotive Repair
255-Other Services

300 Employment/Careers

310-Help Wanted
320-Volunteers Needed
330-Business Opportunities
340-Fundraisers/Scholarships

400 Open Market

405-Wanted to Buy
410-Items for Sale
415-Furniture to Buy/Sell
420-Garage/Yard Sales
430-Antiques
435-Computers
445-Music Instruments
450-Pets/Livestock & Supplies
455-Sporting Equipment
460-Electronic Equipment
465-Tickets to Buy/Sell

500 Transportation

510-Automobiles
520-Bicycles
530-Motorcycles

600 Travel/Trips

610-Tour Packages
630-Spring Break

The classified ads are arranged by category and sub-category. All categories are marked by one of the large icons, and sub-categories are preceded by a number designation.

Classified Rates

1 DAY - \$14.95 for 20 words or less
20¢ per word for each word over 20

2 DAYS - \$16.95 for 20 words or less
25¢ per word for each word over 20

3 DAYS - \$19.95 for 20 words or less
30¢ per word for each word over 20

4 DAYS - \$22.50 for 20 words or less
35¢ per word for each word over 20

5 DAYS - \$25.05 for 20 words or less
40¢ per word for each word over 20 (consecutive day rate)

CALL 785-532-6555

E-mail classifieds@kstatecollegian.com

Deadlines

Classified ads must be placed by noon the day before you want your ad to run. Classified display ads must be placed by 4 p.m. two working days prior to the date you want your ad to run.

Place An Ad

Go to Kedzie 103 (across from the K-State Student Union.)
Office hours are Monday through Friday 8 a.m.-5 p.m.

BRIEFS | Terrorist attacks in Africa connected; 38 die in hostage situation

Continued from page 1

One of al-Khalifa's accusers, 21-year-old Ayad al-Qurmazi, was arrested after publicly reading her poetry, which was critical of the ruling family. She says she was held for nine days, blind-

folded, beaten with cables, and threatened with rape. She claims to have seen al-Khalifa when her blindfold slipped off. Since taking al-Khalifa to court, al-Qurmazi has been expelled from the university she attended, and has become the subject of online














threats and abuse. The BBC says court was adjourned in the case due to three witnesses' failure to appear and will resume Feb. 7.

Algeria attackers linked to Benghazi terrorist attack

The New York Times says that several of the Egyptian attackers that lay siege on a gas complex in Algeria were also involved in the deadly attack on the United States Mission in Libya last September. The Egyptians from both

attacks were killed by Algerian forces during the four-day hostage situation that ended with the deaths of 38 hostages, including three Americans. The involvement of the Egyptians in the Benghazi attack came to light after the interrogation of the three

surviving militants. The suspected link between two of the most brazen terrorist attacks in years reinforces the transborder character of the Islamic militant groups operating across the Sahara, according to the Times.

<div><div></div><div>Late Night</div><div>The Collegian Guide to Weekend Food and Drink Specials</div></div>			
THIS WEEK'S DEALS	THURSDAY	FRIDAY	SATURDAY
<div><div>(785) 320-5590 718 N. Manhattan Ave.</div></div>	\$1.50 Bombs	\$1.50 Wells	\$3.50 32oz Wells
<div><div>(785) 320-7377 1344 Westloop</div></div>	\$8 Domestic Buckets \$5 Burger Basket w/ Fries 1/2 Price Drinks 1pm-3pm	\$2.50 Domestic Pints \$3 Imports \$6 Pulled Pork Sandwich with Fries 1/2 Price Drinks 1pm-3pm	\$2.50 Pounders All Day 1/2 Priced Appetizers 1/2 Price Drinks 1pm-3pm
<div><div>1206 Moro (785) 320-7664</div></div>	\$1.50 Bottles	Ladies Night \$1.50 Wells	Happy Hour 7 pm - 10 pm 99¢ Keystone Pints
<div><div>AGGIEVILLE</div></div>	\$1 O-Bombs \$2 Bottles & Pints \$2 Jäger Shots & Bombs	\$3.50 Coronas \$2 O-Bombs \$2.50 BL Cans	Come see us for the game! Check us out on twitter @DRINX_
<div><div>317 Poyntz Ave, Manhattan, KS 66502 (785) 776-2119</div></div>	\$6.25 60 oz. Domestic Pitchers \$1 Mini Bombs	\$2 Rum & Pepsi \$4.50 32 oz. Draws \$1 Mini Bombs	\$4.50 32 oz. Draws \$1 Mini Bombs
<div><div>(785) 539-9393 608 N. 12th St.</div></div>	\$10.99 Steak Night \$5.50 Carafes of Sangria	\$4.50 Pat O'Brien Hurricanes A New Orleans Favorite	Herb Crusted Prime Rib After 5pm \$4.50 Long Island Iced Teas
<div><div>EST. 2011 (785) 320-5590 1218 1/2 Moro St.</div></div>	"Minor Night" 18 to Enter "Biggest dance floor in Aggieville"	\$1 Draws 10pm - 12am 1/2 price drinks with Student ID	\$1 Draws 10pm - 12am 1/2 price drinks with Student ID
<div><div>(785) 537-7151 706 N. Manhattan Ave.</div></div>	\$1.75 Domestic Draws \$2 All Bottles	\$3 Domestic Pints \$2.50 Highlife & Busch Light Bottles	Come see us for the game!
<div><div>(785) 537-7151 706 N. Manhattan Ave.</div></div>	50¢ Tacos \$2 any pint \$2 bombs	\$3 Boulevard Pints Try a Boulevard Burger	Come see us for the game!
<div><div>(785) 537-8910 1204 Moro</div></div>	\$2 Bottles \$2 Domestic Pints 1/2 off Margaritas	\$3.50 Coronas \$2 Pounders 10pm - 12am And Happy Hour!	Come see us for the game! Check us out on Twitter @TheSaltyRim
<div><div>1222 Moro St. (785) 320-5590</div></div>	\$1.50 Shots and Bottles	\$1.50 Shots and Bottles	\$1.50 Shots and Bottles
<div><div>Thursday: 8pm - 10:30pm Friday: 11pm - 2 am Saturday: 11pm - 2am 1120 Moro St. 785-320-7768</div></div>	\$1.50 Wells General Tso's Chicken \$7.95 Sesame Chicken \$7.95 Super fast service & low prices!	\$1.50 Wells General Tso's Chicken \$7.95 Sesame Chicken \$7.95 Super fast service & low prices!	\$1.50 Wells General Tso's Chicken \$7.95 Sesame Chicken \$7.95 Super fast service & low prices!

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150

KANSAS STATE UNIVERSITY

My Super SWEET Sesquicentennial

Thursday, January 24 • 6-8pm • K-State Student Union

- Meet more than 200 student organizations and find out how to get involved.
- Enjoy free massages, free Pepsi products and cupcakes (while supplies last), balloon sculptures, giveaways, air brush tattoos, photo booth, and other 150th birthday activities.

GENERATIONS OF STUDENT INVOLVMENT... GENERATIONS OF SUCCESS!

k-state.edu/upc

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785-532-6571

union.k-state.edu

k-statestudentunion

The Pita Pit

FRESH THINKING • HEALTHY EATING

IT'S ALL ABOUT U.

Sunday Jan 27th All Pitas \$3.99

CUSTOMER APPRECIATION Day

10a.m to Midnight
12th & Moro in Aggieville
In stores orders only